



DINING-ROOM TRAGEDY!

spread with delicious... most of it soft, highly... lacking in the "bulk"... your body must have... well and strong.

is the dining-room trag... occurs daily in mil... of homes. No wonder... suffer from consti... No wonder headaches... and dull days are...!

add one delicious food... table—and you will... correct all this sufferi... Kellogg's ALL-BRAN in... form every day.

ALL-BRAN adds the neces... "bulk" or "roughage"—... that is so often lack... our diet today. This bulk... to prevent constipa... to sweep the system clean

of poisonous wastes—to exercise the intestines and keep them healthy.

ALL-BRAN is delicious as a cereal with milk or cream. Sprinkle over other cereals or use in cooking.

Two tablespoonfuls daily are guaranteed to relieve both temporary and recurring constipation. In severe cases with each meal. At your grocer's—in the red-and-green package. Made by Kellogg in London, Ontario.

Kellogg's
ALL-BRAN

LOCAL NEWS ITEMS

Billiards tonight Elks vs. Canadian Legion.

Dinnerware, china, crockery, glassware, Heilbroner's Store.

Curzon's Specta' made-to-measure tailoring representative is here now.

Elks' Hall at 8 o'clock tonight, meeting Fishermen and boat owners to discuss marketing fish.

Mrs. E. E. Gregg sailed last night on the Prince George for Vancouver. She had a patient in her charge.

Two hours whist, three hours dancing, coffee and cake for fifty cents tonight at Moose Hall. Cards prompt at 8.30.

George Bell sailed last night on the Prince George for Vancouver enroute to Phoenix, Arizona. He is going south for the benefit of his health.

J. E. Woodworth, who has been paying a visit of inspection to the Surf Inlet mine on Porcher Island sailed last night by the ss. Prince George on his return to Vancouver

Curzon's are showing the latest cloths in men's suits.

Glasses fitted by registered optometrist at Heilbroner's store.

Don't forget St. David's Day tea tomorrow at the home of Mrs. Bert Morgan.

Max Heilbroner sailed last night on the Prince George for a trip to Vancouver and Seattle.

Miss Betty Wright sailed last night on the Prince George for Ocean Falls where she will pay a visit with friends.

W. H. Tobey, C.N.R. divisional superintendent, returned to the city on yesterday afternoon's train from a trip to the interior on official duties.

Ald. Tho Colliart has been appointed acting mayor during the absence from the city of Mayor C. H. Orme, who left last night for a trip to Victoria on city business.

Mrs. N. R. Millpaugh of Prince George arrived in the city from the interior on yesterday afternoon's train to pay a visit with her daughter, Miss Eileen Stewart of the Commodore Cafe staff.

T. H. Johnson, manager of the Canadian Fish & Cold Storage Co., sailed on the Prince George for a business trip to Vancouver, Seattle, and elsewhere in the south. Mrs. Johnson is accompanying him on the trip.

Wallace C. Orchard, general agent for the Canadian Pacific Railway, will sail on the ss. Princess Mary tonight for a brief trip to Vancouver. He will return to the city on the same steamer next Friday.

Inspector John Macdonald, provincial police, sailed last night on the Prince George for Vancouver, having in his custody Samuel Douse of Kitwanoon who will be placed in Okalla Prison to await trial at the Supreme Court Assizes here in May on a charge of murdering Silas Brown.

For Sale

Gas Boat "PEG," 35 feet long, equipped with a 30 horsepower Kelvin engine. Built for a fish packer or cannery tender. Bids will be received by the undersigned up to noon, March 21, 1931. The highest or any tender not necessarily accepted.

Boat may be seen at the Pacific Salvage Company's float, this city.

C. L. MONROE,
Official Administrator.

Stop That!
COUGH!

A most effective method of treating coughs, colds, sore-throat and bronchitis is to let a Peps tablet dissolve in the mouth. Soothing, healing fumes are released, which are breathed down the air passages, loosening the phlegm in the throat, stopping the racking cough and clearing the bronchial tubes.

PEPS
25c A Box

Curzon's invite you to see their new spring line of suiting and pants.

Elks' Hall at 8 o'clock tonight, meeting Fishermen and boat owners to discuss marketing fish.

C. P. R. steamer Princess Mary Capt. S. K. Gray, arrived in port at 2.30 this afternoon from the south and will sail at 10 o'clock tonight on her return to Vancouver and waypoints.

Mr. and Mrs. Olof Hanson leave Monday for Ottawa where Mr. Hanson will attend the session of Parliament which is summoned to commence next month. They will be accompanied by their daughter, Miss Linnea Hanson, who will continue her studies at the Toronto Conservatory of Music later in the spring.

Canon Rushbrook Is Army Speaker

Told Large Gathering at Citadel of Experience During Marine Mission Work

There was a large gathering at the Salvation Army Citadel last night to hear Canon W. F. Rushbrook give an interesting talk on some of his experiences during 20 years in Anglican Church marine mission work. The speaker told many anecdotes, some of which were humorous and some of which were sad.

The program also included vocal solos by Mrs. P. C. Miller, accompanied by Mrs. Kielback, and solos by Sergeant Major Alexeev and Mrs. Carlson. Commandant William Kerr presided and Mrs. Kerr and Capt. E. Warren assisted in connection with the affair.

Before the meeting broke up, doughnuts and coffee were served.

Scientists in France claim to have found a serum which is an absolute preventive of measles.

Food Values

— for —

Friday & Saturday

- NO. 1 CREAMERY BUTTER—per lb. **37c** ³ **\$1.10**
- GRAPEFRUIT MARMALADE—Haines 16-oz. jars **23c** each
- KING BEACH PURE JAM—Gooseberry or Loganberry 4-lb. tins, each **50c**
- COHOE SALMON—1-lb. tall tins, each **22c**
- HEINZ TOMATO CATSUP—Large bottles **47c** 2 for
- HEINZ CREAM OF TOMATO SOUP—Small tins **95c** 9 for
- HEINZ MAYONNAISE—per jar **25c**
- HEINZ CUKE PICKLE or RELISH, per jar **25c**
- CALIFORNIA GRAPEFRUIT—Nice size, seedless 4 for **25c**
- OATCAKES—Ovenkist per pkg. **21c**
- PRINCESS SOAP FLAKES—per pkg. **19c**
- LYE—Royal Crown per tin **10c**
- NABOB ASPARAGUS TIPS—No. 1 square tins, 2 for **71c**
- COCONUT DAINTIES—Ganongs, to clear, per lb. **20c**
- P. & G. NAPTHA SOAP—6 bars **25c**

Watts' Grocery
PHONE 55 PHONE 56
"THE BEST FOR LESS"
FREE DELIVERY

TUNE IN—
"JEST FOR FUN" every Tuesday night Columbia Chain Stations—KOL 8:15 Pacific Time.

"Look! Dot's Vot I Want!"

Blue Ribbon Malt
America's Biggest Seller!

Bush's Grocerteria

Special Demonstration on Friday and Saturday of **ROYAL CITY VEGETABLES and FRUIT PRODUCTS**

Buy B. C. Products and Help the Present Unemployment

Sauerkraut, per tin	20c	3 tins for	50c
ROYAL CITY TOMATOES		Royal City Pumpkin—	25c
2's, 2 tins	25c	2's, 2 for	15c
for		per tin	15c
8 tins	95c	Royal City Baby Beets	25c
for		per tin	
2 1/2's, per	15c	Spinach—2's	35c
tin		2 for	45c
7 tins	\$1.00	2 1/2's	45c
for		2 for	
Corn Flakes, 3 packets for	25c		
Royal City Fancy Golden Bantam Corn per tin	20c	TEA & SUGAR DEAL	
5 tins	95c	10-lb. cotton sack	50c
for		sugar	50c
No. 1 Butter—per lb.	40c	1-lb. bulk	50c
		tea	\$1.00
		Both	
		for	
Oranges, Sweet Navels, doz.	20c	4 doz.	75c
ROYAL CITY FANCY PEAS		Holly Brand Strawberry Jam	
2 tins'	25c	4-lb.	60c
for		tin	
8 tins	95c	Holly Brand Raspberry Jam	
each		4-lb.	60c
for		tin	
We also carry 1's, 2's, 3's and 4's.		Wild Rose Pastry Flour	50c
		10-lb. sack	
P. & G. Naptha Soap, 11 bars for	50c		
ROYAL CITY CANNED FRUITS			
Loganberries—per tin	30c	PEACHES, 2's.	25c
Pears—2's	45c	per tin	
2 for		PEACHES—2 1/2's	30c
Pears—2 1/2's	30c	per tin	
per tin		APRICOTS—2's	25c
Strawberries—per tin	35c	per tin	
Raspberries—per tin	35c	APRICOTS—2 1/2's	35c
per tin		per tin	
Nabob Tea or Coffee, per lb.	50c		

BUSH'S GROCERTERIA

We Deliver Phones 211 & 212

Come in and sample these fine products of British Columbia on Friday and Saturday

TELEPHONE 657
VALENTIN DAIRY FOR SKEENA BRAND
Creamery Butter & Cottage Cheese
FRESH PASTEURIZED MILK AND CREAM DAILY
Early Delivery Throughout the City

Phone 566
Rupert Motors
Garage and Service Station
DODGE and BANTAM AUSTIN
Distributors
FENDER AND BODY WORK
A SPECIALTY

"TRY A HIP TO-NIGHT"

GRANT'S

"Best Procurable"

(THE ORIGINAL)

Pure Scotch Whisky

RICHEST IN FINEST HIGHLAND MALT

Bottled and guaranteed by William Grant & Sons Limited, Glenfiddich and Balvenie, Glenlivet Distillers, Dulltown & Glasgow, Scotland.

Advertisement is not published or displayed by the Liquor Control Board or by the Government of British Columbia.

SPECIAL! SPECIAL!

One Tube Mi 31 Tooth Paste — and — One Bottle Mi 31 Antiseptic

\$1.00 Value
Special, 60c

Ormes Ltd.
The Pioneer Druggists
Phones 81 & 82* Third Ave. & Sixth St.
THREE GRADUATE PHARMICISTS

OUR COAL

IS IN A DRY SHED

When you are buying coal look on the economical side of life. If you buy wet coal, you are losing 10%. So start today and burn dry coal and see what 10% means to you.

PEMBINA EGG—Delivered, Per Ton \$12.50
MINHEAD EGG—Delivered, Per Ton 12.50
MINHEAD LUMP—Delivered, Per Ton 13.50

HYDE TRANSFER—PHONE 580
PHONE 580

UNION STEAMSHIP'S LIMITED
SPECIAL WINTER EXCURSION FARES
on sale from Nov. 15, 1930 to Feb. 28, 1931 (with final return limit March 31, 1931)

RUPERT TO VANCOUVER \$40.00 RETURN
Steamers leave Prince Rupert 1 or Vancouver—

CATALA EVERY TUESDAY, 6.30 P.M.
Arriving Vancouver, via Ocean Falls, Thursday Noon approx.

ALDENY EVERY FRIDAY MIDNIGHT
Arriving Vancouver Sunday midnight approx.
Sailing to Port Simpson, Alice Arm, Anson, Stewart and Naas River points, Sunday, 8:00 p.m.

For information regarding all sailings and tickets at PRINCE RUPERT AGENCY, Second Avenue, Phone 568

B. C. COAST STEAMSHIP SERVICE
SAILINGS FROM PRINCE RUPERT
To Ketchikan, Wrangell, Juneau, and Skagway.
March 7, 18 and 28.
To Vancouver, Victoria, Seattle—
March 11 and 25.
Princess Mary—Ocean Falls, etc. Vancouver and Victoria, every Friday, 10 p.m.

Agents For All Steamship Lines
W. C. Orchard, Gen. Agent, 3rd Av., Prince Rupert, Phone 31.

ANNOUNCEMENTS

"Melvina's Courtship," at United Church February 26, 27.

Moose Whist Drive and Dance Feb. 27.

Girl Guide tea at home of Mrs. Chris Perry, Stork Building, 2nd Ave. March 5.

Eagles' Smoker March 6.

Next Royal Purple Bridge-whist series Monday, March 9.

L. O. B. A. Bridge, Whist and Dance March 12.

St. Patrick's Concert, Catholic Hall, March 17.

Presbyterian Shamrock Tea, on March 17, in Church Hall.

Inter-City Badminton Tournament—Premier vs. Rupert, followed by dance, Moose Hall, March 17.

Easter Concert April 6 and 7. Direction Alex. A. Connon, Moose Hall.

Catholic women's League Spring Sale April 8.

Presbyterian Easter Sale April 16.

WHY IS IT
Your neighbor has a larger savings account?
BECAUSE
He deals at the **CASH & CARRY**
"Where Dollars Have More Cents"

- Del Monte Prunes—25c 3 lbs.
- Palmolive Soap—23c 4 bars
- Icing Sugar—2's 18c per pkg.
- Lump Sugar—2's 21c per pkg.
- Fresh Roasted Peanuts—25c 2 lbs.
- Malkin's Best Tea—48c per lb.
- Malkin's Best Jelly Powders—5c per pkg.
- Malkin's Best Strawberry Jam—4's, per tin 65c
- Clark's Ketchup—35c 2 bottles
- Canadian Cheese—25c per lb.
- Horseshoe Sockeye Salmon—40c 1's, per tin

The Economy Cash & Carry
"Where Dollars Have More Cents"

Sail CUNARD

FROM NEW YORK
Fast regular service to Europe by THE BIG THREE
S.S. "Aquitania" (45647 tons)
S.S. "Berenaria" (52226 " "
S.S. "Mauretania" (36704 " "
Other frequent sailings from New York and Boston

FROM HALIFAX
Regular sailings throughout the winter to Plymouth, Havre, London and Liverpool. Cabin, Tourist Third Cabin, Third Class.
Round Trip Rates from \$155. (up)

FROM MONTREAL
Two sailings weekly to England, Scotland, Ireland and France from May 1st throughout the summer.

CRUISES FROM NEW YORK
To Bermuda, Havana, the West Indies and the Mediterranean.
Minimum rates from \$55. to \$725.

NASSAU AND HAVANA
10-day cruises. S.S. "CARONIA" and "CARMANIA" sail alternately every Saturday until March 7th from New York. Round trip rate \$140. and up, including three days in Havana.

Nearly A CENTURY OF SEA-SERVICE
Enquire from any steamship agent or the nearest office of the Cunard Line
622 Hastings Street W., Vancouver